

RECOMMENDED READING

GENERAL

☀️ GRAPHIC NOVEL
☀️ MEMOIR
☀️ FICTION

WELLBEING - MENTAL HEALTH - COPING FEELING FINE - SELF-ESTEEM - LEARNING ABOUT LIFE

- **Blame My Brain**
Nicola Morgan
Walker Books
- **Mind Your Head**
Juno Dawson
Hot Key Books
- **Stuff That Sucks**
Ben Sedley
Robinson
- **The Self-Esteem Team's Guide to Sex, Drugs and WTFs?!!**
Self-Esteem Team
John Blake Publishing
- **Every Day**
David Levithan
Electric Monkey
- ☀️ **House of Windows**
Alexia Casale
Faber & Faber
- ☀️ **I'll Give You the Sun**
Jandy Nelson
Walker Books
- **Kite Spirit**
Sita Brahmachari
Macmillan Children's Books
- ☀️ **Quiet the Mind**
Matthew Johnstone
Robinson

ADHD Attention Deficit Hyperactivity Disorder

- **Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD**
Patricia Quinn and Judith Stern
Magination Press

ANXIETY, WORRY AND PANIC

- **My Anxious Mind**
Michael Tompkins and Katherine Martinez
Magination Press
- **The Shyness and Social Anxiety Workbook for Teens**
Jennifer Shannon
New Harbinger
- **The Anxiety Survival Guide for Teens**
Jennifer Shannon
New Harbinger
- **The Perks of Being a Wallflower**
Stephen Chbosky
Simon & Schuster

AUTISM AND ASPERGER SYNDROME

- **Freaks, Geeks and Asperger Syndrome**
Luke Jackson
Jessica Kingsley
- ☀️ **The Curious Incident of the Dog in the Night-Time**
Mark Haddon
Vintage
- ☀️ **The Reason I Jump**
Naoki Higashida
Sceptre

BODY IMAGE AND EATING DISORDERS

- **Can I Tell You About Eating Disorders?**
Bryan Lask and Lucy Watson
Jessica Kingsley
- **Banish Your Body Image Thief**
Kate Collins-Donnelly
Jessica Kingsley
- ☀️ **Tyranny**
Lesley Fairfield
Walker Books



BULLYING

- Bullies, Cyberbullies and Frenemies**
Michele Elliott
Wayland

- Vicious**
True Stories by Teens About Bullying
Ed. Hope Vanderberg
Free Spirit

☀ GRAPHIC NOVEL
☀ MEMOIR
☀ FICTION

CONFIDENCE AND SELF-ESTEEM

- Banish Your Self-Esteem Thief**
Kate Collins-Donnelly
Jessica Kingsley

- Self-Esteem and Being You**
Anita Naik
Wayland

- Face**
Benjamin Zephaniah
Bloomsbury

DEPRESSION

- Am I Depressed and What Can I Do About It?**
Shirley Reynolds and
Monika Parkinson
Robinson

- Can I Tell You About Depression?**
Christopher Dowrick
and Susan Martin
Jessica Kingsley

- I Had a Black Dog**
Matthew Johnstone
Robinson

MOOD SWINGS

- Don't Let Your Emotions Run Your Life for Teens**
Sheri Van Dijk
New Harbinger

SELF-HARM

- The Truth About Self-Harm**
Celia Richardson
Mental Health Foundation

OCD Obsessive Compulsive Disorder

- Breaking Free from OCD**
Jo Derisley and others
Jessica Kingsley

- The Unlikely Hero of Room 13B**
Teresa Toten
Walker Books

- Touch and Go Joe**
Joe Wells
Jessica Kingsley

STRESS

- Fighting Invisible Tigers**
Earl Hipp
Free Spirit

- The Teenage Guide to Stress**
Nicola Morgan
Walker Books

Prescriber's further information or additional recommendations:

Prescriber's signature:

